

Active Adult Programs Monthly Planner



MONDAYS

Wellness Yoga

9:00 AM at the Pool & Tennis Center

Silver Sneakers "Classic" *NEW TIME

9:00 AM at the Community Center

Ceramics - 2nd & 4th Monday of each month

10:00 AM at the Community Center

Quilling and Crafting - 1st and 3rd Monday of each month

11:00 AM at the Community Center

Watercolors and More Painting Group - 1st & 3rd Monday of each month

12:00 PM at the Community Center

Poetry Group - 2nd and 4th Monday of each month

1:30 PM at the Community Center

Ceramics - 2nd & 4th Monday of each month

3:00 - 5:00 PM at the Community Center

TUESDAYS

Social Pinochle - Every Tuesday

9:00 AM at the Pool and Tennis Center

SHINE Medicare Personal Consultation - Every 1st and 3rd Tuesday

10:00 AM at the Community Center

WEDNESDAYS

Instructional Knitting - First Wednesday of every month

9:30 AM at the Community Center - RSVP is required

Knitting & Crocheting Group - every Wednesday

10:00 AM at the Community Center

Line Dancing - Every Wednesday

10:30 AM at the Community Center

Table Games - Every Wednesday

12:30 PM at the Community Center

Walking Club - Every Wednesday

6:30 PM at Flamingo West Park

THURSDAYS

Social Pinochle - Every Thursday

9:00 AM at the Pool and Tennis Center

Movie Matinee - Every Thursday

12:00 PM at the Community Center

Ageless Grace - Every Thursday *No class 12/15 - 1/5

2:15 PM at the Community Center

Line Dancing - Every Thursday

3:00 PM at the Pool & Tennis Center

FRIDAYS *NO CLASS 12/2 (CLASS WILL RESUME 12/6)

Book Club - First Friday of each month

12:00 PM at the Community Center

***All programs scheduled excluding those on major holidays.**

Times, dates and events are subject to change.

For more information and registration, please call 954-434-4300, #255.



Active Adults Planner December 2022

STAY INFORMED

THIS MONTH!

- 12/12 - Christmas in the Acres
- 12/12 - Holiday Ceramics
- 12/21 - Holiday Sweets & Treats
- 12/29 Cirque Dreams Holidaze Show

COMING SOON..

- 1/3 - Tech Classes Resume
- 1/9 - Lunch Bunch
- 1/13 - Eat to the Beat
- 1/20 - Monthly Luncheon
- 1/25 - Virtual Travel Club

CITY SPECIAL EVENTS

- 12/2 - Light Up Cooper City
- 12/10 - Cookies & Cocoa with Santa
- 12/14 - Holiday Home Decorating Viewing
- 12/16 - Holiday Movie



DECEMBER 1 - 29

Matter of Balance Workshop (every Thursday in the Month of December)
9:30 AM - 11:00 AM(break in between) with refreshments at Community Center

DECEMBER 5

Lunch & Learn with Enhanced Health
12:00 PM at Community Center - RSVP Required

DECEMBER 6

SHINE in person consultation, walk ins welcomed
10:00 AM - 12:30 PM at the Community Center

FSCP Open Enrollment period table top. Last chance to ask questions in regards to Medicare benefits and make changes
10:00 AM at the Community Center

Holiday Karaoke with Aetna
1:00 PM - 2:30 PM at the Community Center

DECEMBER 14

Senior Advisory Board Meeting
6:00 PM at the Community Center

DECEMBER 12 \$\$

Christmas in the Acres - Quick dinner at Vito's Italian Restaurant
Bus departs at 4:00 PM from the Community Center

DECEMBER 13

"Wrap it up" provides assistance wrapping items for the holidays
12:00 PM - 2:00 PM at the Community Center

DECEMBER 15

"Wrap it up" provides assistance wrapping items for the holidays
10:00 AM - 12:00 PM at the Community Center

DECEMBER 16

Peace Love & Joy Series by Baptist Health via ZOOM
11:30 AM at the Community Center

DECEMBER 21

Holiday Sweets & Treat Swap - RSVP by 12/19
2:00 PM at the Community Center

DECEMBER 22

Devoted 2U
12:00 PM at the Community Center

DECEMBER 29 \$\$

Cirque Dreams Holidaze Show - RSVP by 12/16 (Limited Tickets Available)
Bus departs at 12:00 PM from the Community Center - See flyer for details

DECEMBER 30 \$\$

Holiday New Year Luncheon & December Birthday Celebration - RSVP by 12/28
11:00 AM at the Community Center - See flyer for details

\$\$ - Fees Associated

Times, dates and events are subject to change.
Additional tickets non-refundable, all sales final

For more information and registration, please call 954-434-4300, #255